



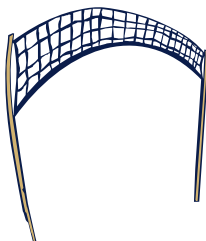
THE CITY OF SAN DIEGO  
PARK AND RECREATION DEPARTMENT

# THERAPEUTIC RECREATION SERVICES

"We enrich lives through quality parks and programs"

# Spring

## APRIL / MAY / JUNE 2006



(619) 525-8247  
(TDD) (619) 525-8249  
(FAX) (619) 299-9304  
e-mail: [prdsp@san diego.gov](mailto:prdsp@san diego.gov)  
Visit our Website at:  
[www.san diego.gov/park-and-recreation/activities/dsa.shtml](http://www.san diego.gov/park-and-recreation/activities/dsa.shtml)

The City of San Diego Park and Recreation Department, Therapeutic Recreation Services, provides therapeutic recreation programs for children and adults with any type of disability. Certified Therapeutic Recreation Specialists work with participants on social and recreational skill development, appropriate behavior, increased independence, leisure education, and recreation participation in inclusive environments.

## STAFF

**Kathy Aceves, M.S., RTC, CTRS**  
Program Manager

**Marla Knox, RTC, CTRS**  
Supervising Recreation Specialist

**Ken Rundle, MBA, CTRS**  
Supervising Recreation Specialist

**Jessica Battaglia, CTRS**  
Supervising Recreation Specialist  
Inclusion Coordinator

**Rose Caldwell, CTRS**  
Recreation Specialist/  
Volunteer Coordinator

**Dave Donaldson**  
Recreation Specialist/  
Adult Programs

**Connie Hegey**  
Recreation Specialist/  
People in Recovery Programs

**Scott Krause**  
Recreation Specialist/  
Adaptive Sports Programs

**Julie Gregg**  
Recreation Specialist/Children  
and Teen Programs

**Marie Wiggins**  
Recreation Specialist/Leisure Seeker Programs

**Karl Kramer**  
Clerical Assistant II

## Recreation Leaders

Mary Barker	Larry Keough
Tammy Brooks	Margaret Lennon
Kim Brown	Eric Neitzel
Shannon Bullock	Bernadette Parin
Everett Despirito	Cheryl Pawlak
Danielle Hernandez	Kimy Potter
Mary Alice Hillier	Leslie Robinson
Mark Hulslander	Ken Trigueiro

# DSAC CORNER

*Disabled Services Advisory Council, Inc. (DSAC) is a non-profit advisory organization to Therapeutic Recreation Services. Their purpose is to offer support and promotion of quality activities, act as a liaison between the department and the community at-large, administer contract programs for persons with disabilities, and provide public relations and fundraising support. The Board is made up of volunteer members from various agencies that serve persons with disabilities, parents, businesspersons, advocates, and other interested persons. Meetings are held on the 2nd Wednesday evening of each month, at 6:00 p.m. in Room 1 at the War Memorial Building. Please call Kathy Aceves at (619) 525-8247 for more information.*

## ANNUAL MEETING AND ELECTIONS

DSAC held their annual meeting and elections on Wednesday, January 11, 2006. Officers and board members for 2006 are:

Chair	Fred Liebel
Vice Chair	Anita Paredes
Secretary	Lin Taylor
Treasurer	Richard Gilbert

## Board Members:

Yvonne Dolinka	Kurt Farrington
Saul Goldstein	Laurel Moorhead
Leticia Ruiz	

We still have two vacancies on the Board, and are looking for energetic members willing to get involved and assist with programs and fundraising. Please contact Kathy Aceves at (619) 525-8247 for more information.

## WELCOME NEW BOARD MEMBERS

A big welcome to Yvonne Dolinka and Leticia Ruiz, the newest DSAC members. Yvonne is a case manager at the San Diego Regional Center for persons with developmental disabilities, and is replacing Stephanie Clark, who served as Regional Center representative for over 10 years. Yvonne brings new energy, experience, and humor to the Board and we look forward to her contributions. Leticia has been involved with Therapeutic Recreation Services for numerous years, through her son who participates in many programs. Leticia is a parent facilitator at City Schools, and promotes our programs to everyone she meets. DSAC looks forward to hearing her ideas and perspective.

**CITY OF SAN DIEGO  
PARK AND RECREATION DEPARTMENT  
THERAPEUTIC RECREATION SERVICES**

# **H I G H L I G H T S**

## **BEACH WHEELCHAIR PROGRAM**

Two new motorized beach wheelchairs have been ordered and will hopefully arrive in time for summer. Meanwhile, the program continues to operate at Mission Beach Lifeguard Station (next to the roller coaster in Belmont Park) with the existing power beach chairs. Current hours of operation are Friday, Saturday, and Sunday, from 11:30 a.m.-3:30 p.m. Starting in May, hours will increase to Wednesday through Monday, 11 a.m.-7 p.m., weather and beach conditions permitting. Manual beach wheelchairs are available for check-out from the lifeguards at all the major towers along the beach. Come experience the freedom of cruising along the sand and getting the full beach experience. Call our office at (619) 525-8247 for additional information. This is a free program, and reservations are recommended, but not required.

## **SUMMER STAFF NEEDED**

To prepare for our busy summer season, we will be hiring Recreation Leaders. Qualifications include 1800 hours of paid or volunteer experience leading recreation programs, including 200 hours of experience working persons with disabilities. Interested candidates need to fill out an application ASAP, as interviews will be held soon. Please call our office for information.

## **REFLECTIONS VII**

Therapeutic Recreation Services is proud to co-sponsor *Reflections VII*, the Cal Diego Paralyzed Veteran's Association seventh annual art exhibition by artists with disabilities. The show, held at the Santa Fe Room at the Balboa Park Club, will open on Friday, May 25<sup>th</sup> and extend through Sunday June 4<sup>th</sup>. A fundraising reception and silent auction will be held on Friday, May 26, 2006 from 6:00-9:00 p.m. at the Balboa Park Club. Billed as a non-themed, multi media event, the show features works in oil/acrylics, drawings, water colors, photography, mixed media and three-dimensional art. Artists wishing to show case their work should call Kelly Price-Noble at Cal Diego-PVA, (619) 450-1443, or go to <http://www.caldiegopva.org/reflections>. The show is open to the public and admission is free.

## **VOUNTEER RECOGNITION**

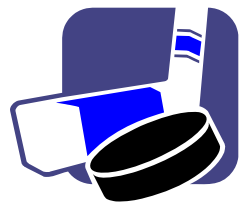
April is National Volunteer Recognition Month and we will honor our dedicated volunteers at OUR upcoming 2006 Volunteer Recognition Celebration, suitably named "*Our Volunteers Make a Difference*". The evening's celebratory event will be held on Wednesday, April 19, 2006 at the War Memorial Building in beautiful Balboa Park. Our dedicated volunteers, over 2000 total, play an instrumental role in assisting our staff to provide quality recreation, leisure and sports programs for persons with disabilities. Making phone calls, soliciting funds, program set-up, implementation and clean-up, coaching sport teams, assisting at programs, preparing meals, our volunteers do it all! Invitations have been mailed out so please make sure you and your guest RSVP by Monday, April 10<sup>th</sup>. On behalf of our grateful staff, as well as our participants, we say THANK YOU, for all you do!

## **NAMI WALK SAN DIEGO**

The annual National Alliance for the Mentally Ill (NAMI) will once again be hosting: "NAMI Walks for the Minds of America" This years' event will be held on Saturday, April 15, 2006 in Balboa Park at Quince and 6<sup>th</sup> Street. Registration begins at 8:00 a.m. with the walk starting promptly at 9:00 a.m. If you are not up to walking, you can partake in the many interesting exhibitors' booths. Walk to support NAMI and at the same time help bring mental illness awareness to the community. If you are so inclined, you can help raise money for your local NAMI chapter and or obtain sponsors for each mile you walk. For more information, contact Jim at NAMI San Diego, at (619) 584-5564 x 115.

## **GULLS NIGHT**

Our second annual Gulls Night fundraiser was another success, earning just almost \$900 in ticket sales. Funds raised will help support ongoing programs such as camps, dances and recreation activities. Thank you to everyone who sold tickets and attended the event.



# SCHEDULE OF EVENTS

## YOU MUST CALL THERAPEUTIC RECREATION SERVICES OFFICE TO REGISTER FOR ALL PROGRAMS (TELEPHONE 619-525-8247, TDD 619-525-8249)

*In the event of last minute cancellations (less than 48 hours notice) you will be required to pay the program fee, if program costs are not met. Also, be sure participants are picked up on time. A late fee of \$5.00/15 minutes will be assessed after the first 15 minutes. There are no refunds on ticket purchases for special events unless alternate purchasers are found.*

### ALL

ALL: All ages and all individuals; any disability

ALL TEENS/ADULTS: Ages 13 and over, with any disability.

## TANDEM BIKE RIDE

Teens and Adults. We meet one Saturday a month at various sites. Tandem bikes, helmets, and water are provided. Meet at the site at 10:30 a.m. **Bring a lunch and let us know where you'll meet us, when you sign up.**

Leader: Connie Hegey Cost: \$1.00  
Saturday, 10:00 a.m. to 1:30 p.m.  
April 8 - Lake Miramar, 10710 Scripps Lake Drive  
May 6 North Crown Point Shores, 3791 Corona Oriente Road  
June 17 - Fiesta Island, 1400 Fiesta Island Road

## SPRING BOWLING LEAGUE

The Spring Bowling League at Admiral Robinson Rec Center, 3223 Norman Scott Road, at 32<sup>nd</sup> Street Naval Station, began in February and is full.

Leader: Scott Krause

\*Saturday, 4/22, 4/29, 5/6, 5/27, 6/10 3:00 - 5:00 p.m.

\*dates are subject to change.

## SPRING DANCE

Teens and adults, join us at the War Memorial Building for an evening of dancing. Cost covers entrance fees, and refreshments which will be served throughout the evening. Photos will be available at an additional \$2.00 per person. Therapeutic Recreation Services does not provide direct supervision, so please plan accordingly.

Leader: Dave Donaldson Cost: \$3.00 per person  
Saturday, April 8 7:00 to 10:00 p.m.

**SUMMER CAMP SIGNUPS  
START MAY 1  
SEE PAGE 10 FOR DETAILS**

## MAY DAY DANCE

Teens and Adults. Meet at the War Memorial Building for a fun daytime dance and lunch sponsored by the Leisure Seekers.

Leader: Marie Wiggins

Cost: \$3.00

Thursday, May 11

10:00 a.m.-1:00 p.m.

## SPRING LEAGUE BOWLING BANQUET

Teens and Adults. Let's celebrate the end of this season's Strike Force Bowling League with an awards banquet (location to be announced). **Sign up by Wednesday, June 14. Payment for guests must be received by that date.**

Leader: Scott Krause

Participants free.

Cost: \$10.00 for guest

Saturday, June 24

Time TBA

## SAN DIEGO COUNTY FAIR 2006 JUNE 10 - JULY 4

We have a limited number of fair tickets; buy one (\$9.50) get one free. Family pack is available for \$42 and includes: 2 adult and 2 child admissions, 4 medium soft drinks, and 20 ride coupons. We also have carnival ride coupon books for \$12.50. Tickets are good June 11 through July 4. Groups are limited to 5 two-for-one tickets (10-ticket total) per agency; extra tickets may be purchased for \$9.50 each. Call and reserve your tickets today. **Money is due by June 1.** Fair will be closed on Mondays, except July 3. We will call when tickets are available for pickup; we are unable to mail tickets to purchasers.



# YOUTH INCLUSION ACTIVITIES

## KID ZONE

This program is designed to instill play and recreation skills, foster socialization, and increase social skills. Activities are designed to meet the cognitive, physical, social, emotional, creative and ethical developmental needs of children ages 3 to 12. Leader: Julie Gregg

## SPRING ADVENTURE

Spend a couple days of your spring break with the Kid Zone. Drop off and pick-up at Presidio Recreation Center, 2811 Jackson Street, 92110 in Old Town. Bring a swimsuit and towel on Wednesday and a sack lunch both days. Call to reserve your spot and for registration materials. Space is limited. **Payment due Friday, April 7.** Cost: \$50.00

Old Town Trolley Tour

Tuesday, April 11 9:00 a.m.-3:00 p.m.

Gymnastics and Swimming (Trolley to the Santee Y.M.C.A.) for gymnastics and swimming.

Wednesday, April 12 9:00 a.m.-3:00 p.m.



## ZOO



**Drop off at the War Memorial Building** and we will walk over to the Zoo. Bring a sack lunch or money for lunch. **Pick-up will be in front of the zoo.** Please let us know if you have a Zoo pass (escort pass also) when you call to sign-up. Cost: \$7.00/\$3.00 w/pass  
Sunday, May 7 11:45 a.m.-3:00 p.m.

## PLAYDAYS

Come join your friends for a day of fun and games. The cost covers snack, craft and game supplies. Bring a sack lunch. Cost: \$5.00

Drop off and pick up at:

War Memorial Building

Sunday, May 21 12:00-3:00 p.m.

Pepper Grove Park

Sunday, June 25 12:00-3:00 p.m.

## PLEASE NOTE:

**First-time participants must be accompanied by an adult for your first Kid Zone activity.**

## BELMONT PARK AND THE PLUNGE

Drop off and pick up at the Wave House at Belmont Park, Mission Beach (located at the East end of the boardwalk). Bring a sack lunch as well as a swimsuit and towel. **Sign-up and payment due by Friday, June 2.** Cost: \$15.00

Sunday, June 11 12:00-3:00 p.m.



## SUMMER ADVENTURE CAMP

Children ages 6 to 12, join the adventure this summer as we visit fun spots around San Diego. Cost includes t-shirt, fieldtrips, admission and transportation. Siblings and friends are welcome! **Sign-up begins May 1. Space is limited. Camperships are available. Fee is due by June 30 to hold your spot.** Please let us know your child's t-shirt size when you sign-up. More information will be mailed after you register.

Cost: \$107.50 (City residents)

\$115.00 (Non-residents)

Monday, August 7 through

Friday, August 11

9:00 a.m.-3:00 p.m.

## INCLUSION, WE CAN ALL PLAY TOGETHER!

*The City of San Diego Park and Recreation Department has made the commitment to offer activities that include ALL individuals. Call your local recreation center to find out what activities are offered. If your child has special needs and you would like to request assistance, call Jessica Battaglia, CTRS, Inclusion Coordinator, (619) 525-8248 as soon as you know the dates. (We need a minimum of three weeks prior notice). After registration, an assessment will be given to determine participant's needs.*

*Again, we would like to thank KIT (Kids Included Together) for their fourth year of financial and training support.*



# TEEN & YOUNG ADULT CLUB ACTIVITIES

## KICK BACK CLUB (KBC)\*

This Program is designed to foster social skills, increase leisure opportunities, and create friendships in a social and age-appropriate environment, while enhancing developmental needs for teens ages (13 to 19) and young adults (ages 20 to 30).

## SPRING DANCE

Teens and adults, join us at the War Memorial Building for an evening of dancing. Cost covers entrance fees, and refreshments which will be served throughout the evening. Photos will be available at an additional \$2.00 per person.

Leader: Dave Donaldson Cost: \$3.00 per person  
Saturday, April 8 7:00 to 10:00 p.m.

## SPACE MUSEUM

Explore space and science at the Reuben H. Fleet Space and Science Theater in Balboa Park. Meet and pick up in front of the theater. Cost includes dinner, science center activities and Imax movie.

**Payment due by Friday, April 14.** Cost: \$10.00  
Friday, April 21 6:00-9:00 p.m.

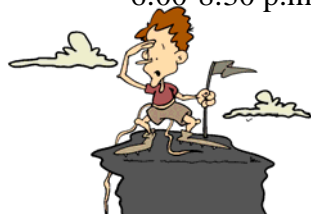
## KBC MEETING

We will play games, have dinner, listen to music, talk about future activities and "kick back". Feel free to bring your favorite C.D.'s to share with the group. Meet at the War Memorial Building.

Cost: \$5.00  
Friday, May 5 6:00-8:30 p.m.

## ROCK CLIMBING

The KBC voted and rock climbing it is! Drop off at the Joan Kroc Center (6760 University Ave.) where we will start off with some games, walk to dinner (Jack in the Box or Wienerschnitzel) and then rock climb (rock climbing is adaptable to any level of disability or strength). Bring extra money for dinner and quarters for video games. **Payment due by Friday, May 12.** Cost: \$8.00  
Friday, May 19 6:00-9:00 p.m.



## SUMMER NIGHTS

Join in on the fun during your summer break. We will hit many of the hot spots in San Diego. Space is limited. Camperships are available. **Fee is due by June 9<sup>th</sup> to hold your spot.** Cost: \$25.00 per night  
Thursdays: 6/22, 6/29, 7/6, 7/13, 7/20, 7/27\*

6/22 **Boomers** (includes dinner) 6 p.m.-9 p.m.  
6999 Clairemont Mesa Blvd.

6/29 **Sea World** (bring \$ for dinner) 6 p.m.-10 p.m.

7/6 **Belmont Park and The Plunge** 6 p.m.-9 p.m.  
(dinner included, bring suit and towel)

7/13 **Ferry to Coronado** 5:45 p.m. -9 p.m.  
1050 N. Harbor Dr. **Ferry leaves at 6 p.m. sharp!!**  
(\$5 food voucher to K.F.C., Taco Bell or Pizza Hut included)

7/20 **Dinner and a Movie** 6 p.m.-10 p.m.  
(dinner included meet at Ruby's Diner in Mission Valley Mall)

7/27 **Harbor Excursion Dinner Cruise**  
1050 N. Harbor Dr.\* 7:00-10:00 p.m.  
\*K.B.C. member may bring up to two guests on the dinner cruise for \$40.00/person. (Regular dinner cruise rate is \$60.00)

## KBC T-SHIRTS

Support the Kick Back Club programs by purchasing our cool new KBC t-shirts. All proceeds will be used to provide fun and exciting activities for the teens and young adults in our program. Call for your order form. Cost: \$15.00




(Chocolate, Black, Pink, Purple, Blue\*)

\*some colors and sizes may be sold out

## \*Please Note:



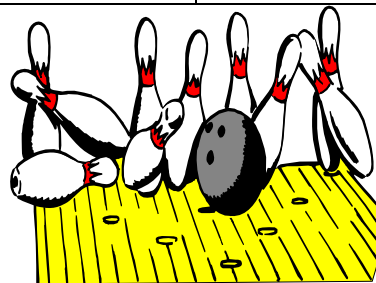
**First-time teen participants must be accompanied by an adult.**

# April

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>Key:</b> <b>AS</b> - Action Seekers <b>ALL</b> - Teens and Adults <b>BPAC</b> - Balboa Park Activity Ctr <b>BPC</b> - Balboa Park Club	<b>CMR</b> - Carmel Mountain Rec Ctr <b>IND</b> - Independent Club <b>KBC</b> - Teen and Young Adults (to 30) <b>KZ</b> - Kids under 13	<b>LS</b> - Leisure Seekers <b>MB</b> - Mission Bay <b>MBP</b> - Mission Bay Park <b>NCPS</b> - North Crown Point Shores	<b>NCR</b> - North Clairemont Rec Ctr <b>PH</b> - Sports <b>PIR</b> - People in Recovery <b>PLNU</b> - Pt. Loma Nazarene U.	<b>RG</b> - Recovery Gameas <b>32<sup>nd</sup> St.</b> - Navy Base <b>WCSC</b> - Wheel-chair Sports Camp <b>WMB</b> - War Memorial Building		<b>1</b>
<b>2</b> 	<b>3</b>	<b>4</b>	<b>5</b> <b>PIR Art Class</b> 2-4 p.m., WMB	<b>6</b> <b>LS - Social &amp; Dinner</b> 3:30-5:30 p.m., WMB	<b>7</b> <b>Art Class</b> 3-4:30 p.m., WMB <b>IND Club Meeting</b> 6:30-9: p.m., WMB <b>PIR Dance</b> 7-11 p.m., WMB	<b>8</b> <b>ALL Tandem</b> 10 a.m.-1:30 p.m., Lake Miramar  <b>ALL/IND Dance</b> 7-10 p.m., WMB
<b>9</b>	<b>10</b>	<b>11</b> <b>KZ Spring Activity</b> 9 a.m.-3 p.m., Presidio Rec Center	<b>12</b> <b>KZ Spring Activity</b> 9 a.m.-3 p.m., Presidio Rec Center <b>RG Volleyball Clinic</b> 9 a.m.-1 p.m., BPAC <b>PIR Art Class</b> 2-4 p.m., WMB <b>DSAC Meeting</b> 6 p.m., WMB	<b>13</b> <b>LS Planning Mtg.</b> 3:30-5:30 p.m., WMB	<b>14</b> <b>Art Class</b> 3-4:30 p.m., WMB	<b>15</b> <b>RG Volleyball Tournament</b> 9 a.m.-2 p.m., BPAC
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> <b>PIR Art Class</b> 2-4 p.m., WMB  <b>VOLUNTEER RECOGNITION NIGHT</b> 6-8 p.m., WMB	<b>20</b> 	<b>21</b> <b>Art Class</b> 3-4:30 p.m., WMB <b>KBC Space Museum</b> 6-8:30 p.m., Balboa Park <b>AS Rec Night</b> 6-8:30 p.m., NCR	<b>22</b> <b>PH Handcycle</b> 8-11 a.m., MBP  <b>ALL Bowling</b> 3-5 p.m., 32 <sup>nd</sup> St.  <b>PIR Spaghetti Dinner</b> 5-8 p.m., WMB
<b>23</b> <b>IND Padres Game &amp; Picnic</b> 11 a.m.-4 p.m., Martin Luther King, Jr. Park & Petco Park	<b>24</b>	<b>25</b>	<b>26</b> <b>LS Softball</b> 10 a.m.-1 p.m., Morley Field  <b>PIR Art Class</b> 2-4 p.m., WMB  <b>PH/LS Kayaking</b> 4-6:30 p.m., MB Aquatic Ctr	<b>27</b>	<b>28</b> <b>Art Class</b> 3-4:30 p.m., WMB  <b>AS Rec Night</b> 6-8:30 p.m., CMR  <b>Family Night</b> 4/28, 6-8:30 p.m., WMB	<b>29</b> <b>PH Handcycle</b> 8-11 a.m., NCPS <b>Special Olympics Track &amp; Field</b> 9 a.m.-4 p.m., PLNU <b>RG Table Games &amp; Swimming</b> 9-5 p.m., Bud Kearns Pool <b>ALL Bowling</b> 3-5 p.m., 32 <sup>nd</sup> St.
<b>30</b> 	<u><b>Hammer Sports</b></u>  <b>Varsity/Division III Practice</b> , Muni Tues., 4/4, 4/11, 4/18, 4/25, 6-8 p.m. Sat., 4/1, 4/8, 4/15, 4/22, 4/29, 1:30-3:30 p.m.	<u><b>Hammer Sports</b></u>  <b>Junior Varsity Practice</b> , Muni Wed., 4/5, 4/12, 4/19, 4/26, 6-8 p.m. Sat., 4/1, 4/8, 4/15, 4/23, 4/29, 11:30 a.m.-1:30 p.m.	<u><b>Hammer Sports</b></u>  <b>Skills Development Practice</b> , Muni Sat., 4/1, 4/8, 4/15, 4/22, 4/29, 3-4:30 p.m.			



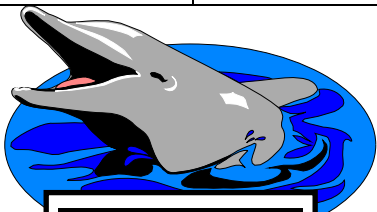
# 2006

# May

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	<b>1</b> <b>SUMMER CAMP SIGNUPS BEGIN</b> <b>8 a.m.</b> (See page 10) (no advance calls or voicemail messages accepted)	<b>2</b>	<b>3</b> <b>PIR Art Class</b> 2-4 p.m., WMB  <b>PH/LS Kayaking</b> 4-6:30 p.m., MB Aquatic Ctr	<b>4</b> <b>LS - Social &amp; Dinner</b> 3:30-5:30 p.m., WMB	<b>5</b> <b>Art Class</b> 3-4:30 p.m., WMB  <b>KBC Meeting</b> 6-8:30 p.m., WMB  <b>IND Club Meeting</b> 6:30-9 p.m., WMB	<b>6</b> <b>PH Handcycle</b> 8-11 a.m., Centennial Park <b>ALL Tandem</b> 10 a.m.-1:30 p.m., NCPS <b>ALL Bowling</b> 3-5 p.m., 32 <sup>nd</sup> St.
<b>7</b> <b>RG Bowling Tournament</b> 9 a.m.-1 p.m., Kearny Mesa Bowl <b>KZ Zoo</b> 11:45 a.m.-3 p.m., WMB	<b>8</b>	<b>9</b>	<b>10</b> <b>PIR Art Class</b> 2-4 p.m., WMB  <b>DSAC Meeting</b> 6 p.m., WMB	<b>11</b> <b>LS/ALL May Day Dance</b> 10-2 p.m., WMB	<b>12</b> <b>Art Class</b> 3-4:30 p.m., WMB  <b>AS Rec Night</b> 6-8:30 p.m., CMR	<b>13</b> <b>PH Handcycle</b> 8-11 a.m., Silver Strand  <b>RG Dance</b> 8-11 p.m., BPC
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> <b>LS Softball</b> 10 a.m.-1 p.m., Morley Field <b>PIR Art Class</b> 2-4 p.m., WMB <b>PH/LS Kayaking</b> 4-6:30 p.m., MB Aquatic Ctr	<b>18</b> 	<b>19</b> <b>Art Class</b> 3-4:30 p.m., WMB  <b>KBC Rock Climbing</b> 6-9 p.m., Joan Crock Ctr, La Mesa  <b>AS Rec Night</b> 6-8:30 p.m., NCR	<b>20</b> <b>RG Games</b> 8 a.m.-3 p.m., Mesa College
<b>21</b> <b>LS/IND Laughlin Trip</b> Departs WMB at 7 a.m.  <b>KZ Playday</b> 12-3 p.m., WMB	<b>22</b> <b>LS/IND Laughlin Trip</b>	<b>23</b> <b>LS/IND Laughlin Trip</b> Returns to WMB At 5:30 p.m.	<b>24</b> <b>PIR Art Class</b> 2-4 p.m., WMB	<b>25</b>	<b>26</b> <b>Art Class</b> 3-4:30 p.m., WMB	<b>27</b> <b>ALL Bowling</b> 3-5 p.m., 32 <sup>nd</sup> St.
<b>28</b>	<b>29</b>  <b>HOLIDAY</b> (Office Closed)	<b>30</b>	<b>31</b> <b>PIR Art Class</b> 2-4 p.m., WMB			
<u><b>Hammer Sports</b></u>  <b>Varsity/Division III Practice, Muni</b> Tues., 5/2, 5/9, 5/16, 5/23, 5/30, 6-8 p.m. Sat., 5/6, 5/13, 5/20, 1:30-3:30 p.m.	<u><b>Hammer Sports</b></u>  <b>Junior Varsity Practice, Muni</b> Wed., 5/3, 5/10, 5/17, 5/24, 5/31, 6-8 p.m. Sat., 5/6, 5/13, 5/20, 11:30 a.m.-1:30 p.m.	<u><b>Hammer Sports</b></u>  <b>Skills Development Practice, Muni</b> Sat., 5/6, 5/13, 5/20, 3-4:30 p.m.			<div style="border: 2px solid black; padding: 10px; text-align: center;"> <b>2006</b> </div>	



# June

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				<b>1</b> <b>LS - Social &amp; Dinner</b> 3:30-5:30 p.m., WMB	<b>2</b> <b>Art Class</b> 3-4:30 p.m., WMB  <b>IND Club Meeting</b> 6:30-9 p.m., WMB	<b>3</b> <b>PH Handcycle</b> 8-11 a.m., De Anza Cove  <b>Special Olympics Greater San Diego Games</b> 9 a.m.-4 p.m., SDSU
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> <b>PIR Art Class</b> 2-4 p.m., WMB  <b>PH/LS Kayaking</b> 4-6:30 p.m., MB Aquatic Ctr	<b>8</b>	<b>9</b> <b>Art Class</b> 3-4:30 p.m., WMB  <b>AS Rec Night</b> 6-8:30 p.m., CMR	<b>10</b> <b>San Diego County Fair 2006</b> begins Del Mar Fairgrounds  <b>PH Handcycle</b> 8-11 a.m., NCPS  <b>ALL Bowling</b> 3-5 p.m., 32 <sup>nd</sup> St.
<b>11</b> <b>KZ Belmont Park &amp; the Plunge</b> 12-3 p.m., Belmont Park	<b>12</b> 	<b>13</b>	<b>14</b> <b>PIR Art Class</b> 2-4 p.m., WMB  <b>DSAC Meeting</b> 6 p.m., WMB	<b>15</b> <b>LS Golden Acorn Casino</b> 9 a.m.-3 p.m., WMB	<b>16</b> <b>Art Class</b> 3-4:30 p.m., WMB  <b>AS Rec Night</b> 6-8:30 p.m., NCR	<b>17</b> <b>ALL Tandem</b> 10 a.m.-1:30 p.m., Fiesta Island
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> <b>LS Softball</b> 10 a.m.-1 p.m., Morley Field  <b>PIR Art Class</b> 2-4 p.m., WMB  <b>PH/LS Kayaking</b> 4-6:30 p.m., MB Aquatic Ctr	<b>22</b> <b>KBC Summer Nights - Boomers</b> 6-9 p.m., Clairemont Mesa	<b>23</b> <b>Art Class</b> 3-4:30 p.m., WMB	<b>24</b> <b>ALL Bowling Banquet</b> Time and location TBA
<b>25</b> <b>KZ Playday</b> 12-3 p.m., Pepper Grove Park	<b>26</b>	<b>27</b>	<b>28</b> <b>PIR Art Class</b> 2-4 p.m., WMB	<b>29</b> <b>KBC Summer Nights - SeaWorld</b> 6-10 p.m.	<b>30</b> <b>Art Class</b> 3-4:30 p.m., WMB	
<u><b>Haammer Sports</b></u>  <b>Varsity/Division III Practice, Muni</b> Tues., 6/6, 6/13, 6/20, 6-8 p.m. Sat., 6/3, 6/10, 6/17, 6/24, 1:30-3:30 p.m.	<u><b>Hammer Sports</b></u>  <b>Junior Varsity Practice, Muni</b> Wed., 6/7, 6/14, 6/21, 6/28, 6-8 p.m. Sat., 6/3, 6/10, 6/17, 6/24, 11:30 a.m.-1:30 p.m.	<u><b>Hammer Sports</b></u>  <b>Skills Development Practice, Muni</b> Sat., 6/3, 6/10, 6/17, 6/24, 3-4:30 p.m.			 <div style="border: 2px solid black; padding: 5px; display: inline-block;"><b>2006</b></div>	

# **SPECIALTY DAY CAMPS**

## **REGISTRATION FOR SUMMER CAMPS WILL BEGIN**

**Monday, May 1 2006**

Register by phone, 619-525-8247 (619-525-8249 TDD), or in person at the War Memorial Building, room 6, 8:00 a.m. to 5:00 p.m. Monday through Friday. You must speak to a staff member; do not leave a voice mail message to register.

**NO REGISTRATIONS ACCEPTED BEFORE 8:00 a.m., MAY 1. Enrollment is limited to 2 camps per participant (you may sign up for the waiting list for other camps). Camps fill up fast, so call early. More information for each camp will be mailed out upon registration.**

### **13<sup>th</sup> ANNUAL CAMP AT THE BAY**

**Monday – Friday, July 10-14 10:00 a.m. to 3:00 p.m.**

**Cost: \$107.50 (City Resident) / \$115.00 (Non-resident)**

Campers, ages 7 to adult, with any disability will experience jet skiing, water skiing, tubing, sailing, kayaking, karate, crafts, handcycling, and more. Participants requiring extra assistance are requested to bring an attendant. Siblings and friends are welcome to attend. **Paperwork/fees are due by Friday, June 9**, Camp meets at North Crown Point Shores. Leader: Scott Krause.

### **CAMP WET AND WILD**

**Monday - Friday, July 24 - 28, 9:00 a.m. to 3:00 p.m.**

**Cost: \$107.50 (City Resident) / \$115.00 (Non-resident)**

Campers, ages 8 to adult, with any disability, siblings and friends will enjoy all the usual activities, *plus* field trips, crafts and special exhibits. Participants requiring extra assistance are requested to bring an attendant. **Paperwork/fees are due by Friday, June 23**. Camp meets at North Crown Point Shores in Mission Bay and at Mission Beach.

Leaders: Marie Wiggins, Dave Donaldson.

### **KIDZONE SUMMER ADVENTURE CAMP**

**Monday - Friday, August 7 - 11, 9:00 a.m. to 3:00 p.m.**

**Cost: \$107.50 (City Resident) / (\$115 Non-resident)**

Campers, ages 6 to 12, with any disability, siblings and friends, join the adventure this summer visiting fun spots around San Diego. Cost includes t-shirt, daily field trips, admissions and transportation costs.. **Paperwork/fees are due by Friday, June 30**. Leader: Julie Gregg.

### **JUNIOR WHEELCHAIR SPORTS CAMP**

**Tuesday – Saturday, August 15 - 19, 8:00 a.m. to 3:00 p.m.**

**Cost: \$107.50 (City Resident) / \$115.00 (Non-resident)**

**Additional \$25 for Transportation (if needed)**

Children and teens, ages 4 to 18, who have a permanent physical disability will participate in a variety of wheelchair sports along with coaches who are fellow wheelchair athletes. Participants should have fairly good use of their upper extremities. Those requiring extra assistance are requested to bring an attendant. Activities will be held at North Crown Point Shores, August 15 and 16, and Southwestern College, August 17, 18 and 19. **Paperwork/fees are due by Friday, July 14**. Leader: Scott Krause

**Other day camp opportunities are available for children ages 6 to 12 at local San Diego Park and Recreation centers. Call 619-525-8248 to request inclusion support if needed. Requests are processed in the order received and according to staff availability. (Minimum three-week notice is needed.) Special thanks to our partner KIT (Kids Included Together) for providing extra funding for inclusion aides.**

**Partial scholarships for all camps are available to those who demonstrate need.**

# ADULT ACTIVITIES

(Ages 18 and over)

## **ACTION SEEKERS (AS)**

This is a program designed to increase leisure independence, community functioning and social skills through experiential opportunities within the community and at recreation centers. This program supports empowering individuals, who have a developmental disability, ages 18 and older, by promoting independence.

## **RECREATION NIGHTS**

Join us at the following Recreation Centers for a Friday evening of fun, games, crafts, and dinner. Cost is \$5.00 and covers dinner and most activities. **You must call and sign up at least two days before each event.**

**Carmel Mtn. Rec. Ctr.** 10152 Rancho Carmel Dr.  
Fridays, 4/28, 5/12, 6/9 6:00-8:30 p.m.

**N. Clairemont Rec. Ctr.** 4421 Bannock St.  
Friday, 4/21, 5/19, 6/16 6:00 - 8:30 p.m.

**Don't forget to sign up for dances and other programs. See "All" page (page 4).**



**Special Olympics**

**San Diego County**

**Track & Field**

**Championship**

**Saturday, April 29**

**9:00 a.m. - 4:00 p.m.**

**(Registration 8:30 - 9:00 a.m.)**

**at**

**Point Loma Nazarene University**

**3900 Lomaland Drive**

**Information: 619-283-6100**

**Greater San Diego Games**

**Saturday, June 3 and Sunday, June 4**

**9:00 a.m. - 4:00 p.m.**

**San Diego State University**

## **INDEPENDENT CLUB (IND)**

The Club's focus is to promote independence. Members plan their own leisure activities, develop money skills, socialize appropriately, and utilize the "buddy system" at all times. Members are required to attend club meetings on a regular basis in order to attend outings. New members must sign up and attend a club meeting before attending an outing. The Club is for individuals, ages 21 and over, with developmental or learning disabilities or brain injuries. Minimal staffing is provided at club functions. Leader: Dave Donaldson

## **CLUB MEETINGS**

New members are welcome, but **please set up an interview appointment by calling (619) 525-8247, prior to the Club meeting.** Cost includes dinner and activity expenses. **Register by the Wednesday before the meeting.** Club meetings are held at the War Memorial Building Cost: \$6.00  
Fridays: 4/7, 5/5, 6/2 6:30 - 9:00 p.m.

## **SPRING FLING DANCE**

War Memorial Building. Eat dinner before arriving or bring a sack lunch. Cost: \$3.00  
Saturday, April 8 7:00-10:00 p.m.

## **PADRES GAME & PICNIC**

Meet at the trolley station, 4<sup>th</sup> Avenue and K Street, for a picnic in Martin Luther King, Jr. Park, then walk over to see the Padres take on the New York Mets. Pick-up will be at the same park. Space is limited so reserve your ticket soon. **Payment for tickets is due by Thursday, April 21.**

Cost: \$12.00

Sunday, April 23 11:00 a.m.-4:00 p.m.

## **LAUGHLIN TRIP**

Meet at the War Memorial Building. We will enjoy two nights at the Riverside Resort and Casino. **This trip is available to active club members only** (who regularly attend club meetings and activities). **Sign up as soon as possible; money is due by Monday, May 8.** Cost: \$55.00 (double occupancy) \$75.00 (single occupancy)

Depart: Sunday, May 21 7:00 a.m.

Return: Tuesday, May 23 5:30 p.m.

## **SAN DIEGO COUNTY FAIR**

Join your fellow club members at this year's San Diego County Fair. Sign up early for your discounted fair tickets and ride coupon books. Date, time, cost and meeting information will be provided at the May 5<sup>th</sup> Club meeting.

# ADULT ACTIVITIES

## LEISURE SEEKERS (LS)

The Leisure Seekers group provides recreational opportunities, teaches leisure skills, increases socialization and self-esteem for individuals with mental illness or behavioral health disorders. Individuals, day treatment programs, board and care facilities, and drop-in centers are welcome to attend.

## SOCIAL & DINNER

Meet at the War Memorial Building. Cost: \$2.00  
Thursday, April 6, May 4, June 1 3:30-5:30 p.m.

## PLANNING MEETING

Meet at the War Memorial Building. Cost: FREE  
Thursday, April 13 3:30-5:30 p.m.

## SOFTBALL LEAGUE

Meet at Morley Field. Cost: \$25.00/team  
Wednesday,  
April 26, May 17, June 21 10:00 a.m.-1:00 p.m.

## MAY DAY DANCE

Meet at the War Memorial Building. Lunch will be served. Cost: \$3.00  
Thursday, May 11 10:00 a.m.-1:00 p.m.

## KAYAKING

Meet at Mission Bay Aquatic Center, 1001 Santa Clara Place. Cost includes five lessons. Cost: \$40.00  
Wednesday,  
April 26, May 3, 17, June 7, 21 4:00-6:30 p.m.

## LAUGHLIN, NEVADA

See Leisure Seekers newsletter for departure locations and other information. We will meet at the War Memorial Building on Sunday and return there on Tuesday. **Payment is due by Monday, May 8.**

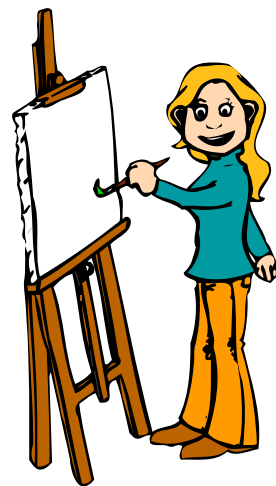
Cost: \$55.00/double, \$75.00/single occupancy  
Depart: Sunday, May 21 7:00 a.m.  
Return: Tuesday, May 23 5:30 p.m.

## GOLDEN ACORN CASINO

Meet at the War Memorial Building. Cost: \$5.00  
Thursday, June 15 9:00 a.m.-3:00 p.m.

**Call (619) 525-8247 to receive  
the *Leisure Seekers Newsletter***

## SELF EXPRESSION THROUGH ART WORKSHOP



Express images hidden within, using paints, colored pencils, markers or other without judgment or criticism. Just enjoy!

Instructor: Joan McCann Cost: \$1.00  
Fridays, April 7, 14, 21, 28, May 5, 12, 19, 26,  
June 2, 9, 16, 23, 30 3:00-4:30 p.m.

# ADULT ACTIVITIES

## PEOPLE IN RECOVERY (PIR)

This program is designed to increase personal growth, self-esteem, independence and confidence through participation in a variety of recreational activities for individuals recovering from drug and alcohol addictions. Leader: Connie Hegey.

## DSAC FUNDRAISER DANCE

Join Freedom House and Therapeutic Recreation Services at the War Memorial Building for a dance. Speakers meeting 7 to 8 p.m. Call Freedom House, (619) 954-3266, to purchase tickets. Refreshments will be sold.

Cost: \$3.00 advance/  
\$5.00 at the door

Friday, April 7

7:00 p.m.-11:00 p.m.

## ART CLASS

People in recovery, mental health challenges, dual diagnosis: discover yourself and your hidden talents through the use of art. Instructor: Jo Ann Baum.

### Session 1

Wednesday, April 5, 12, 19, 26,

May 3, 10, 17, 24

2:00-4:00 p.m.

### Session 2

Wednesday, May 31, June 7, 14, 21, 28,

July 5, 12, 19

2:00-4:00 p.m.

Cost: \$2.50/class for residents w/out fee waiver

Free for residents with fee waiver

\$5.00 per class for non-residents

## SPAGHETTI DINNER SATURDAY, APRIL 22 5:00-8:00 P.M.

Join Turning Point and Therapeutic Recreation Services for a delicious spaghetti dinner at the War Memorial Building. Tickets are \$8.00 per person. For more information, call (619) 233-0067.



## RECOVERY GAMES

### RECOVERY GAMES VOLLEYBALL CLINIC AND TOURNAMENT

Your six-person co-ed team will learn to bump, set, spike and serve at our clinic and use those skills in the tournament. Registration will take place the morning of the event. Participants must wear closed toed tennis shoes. NO body piercing jewelry allowed.

Cost: FREE.

**Clinic:** Wednesday, April 12 9:00 a.m.-1:00 p.m.  
**Tournament:**

Saturday, April 15

9:00 a.m.-2:00 p.m.

Clinic and tournament held at the Activity Center, 2145 Park Blvd.

### RECOVERY GAMES TABLE GAMES & SWIMMING

Our single-elimination table games tournament will offer: spades, pinochle, scrabble, backgammon, gin rummy, checkers, cribbage, and dominos. Medals awarded to the top three finishers. All events will take place in the vicinity of Bud Kearns Pool, 2229 Morley Field Drive. For more information, (619) 525-8247

Cost: FREE.

**Saturday, April 29**

9:00 a.m.-2:00 p.m.

Individual and team swimming events. Freestyle, breast stroke, and relay.

**Saturday, April 29**

12:00-5:00 p.m.

### RECOVERY GAMES BOWLING TOURNAMENT

Kearny Mesa Bowl, 7585 Clairemont Mesa Blvd. Five-person-team bowling. For further information and registration, call (619) 525-8247.

Cost: \$55.00 per team.

Sunday, May 7

9:00 a.m.-1:00 p.m.

### RECOVERY GAMES AND DANCE

Celebrate your participation in the games at the dance held at the Balboa Park Club, 2150 Pan American Way.

Cost \$3.00 in advance/\$5.00 at the door.

**Dance:** Saturday, May 13

8:00 to 11:00 p.m.

**Games:** Saturday, May 20: Opening ceremonies at Mesa College start at 8:00 a.m. Registration 9:00 a.m. Events include: softball throw, running long jump, track, and children's events.

Cost: FREE

Saturday, May 20

8:00 a.m. to 3:00 p.m.



# ADAPTIVE SPORTS ACTIVITIES

## ADAPTIVE SPORTS

Adaptive sports programs (designed for persons with physical disabilities, ages 5 through adult) promote health and fitness by working on increasing cardio-vascular endurance, upper body strength, wheelchair mobility skills, and leisure independence in both recreational and competitive environments

## HANDCYCLING

Join us as we pedal our way through some of San Diego's most beautiful bike trails. Handcycling is a great way to meet people and enjoy fresh air and sunshine, while building strength and endurance. This program is geared for ages 8 years to adult, with a physical disability. The cost covers equipment rental, maintenance, and 6 sessions. Program is free if you bring your own handcycle. Call our office for locations and for which session you'd like to attend. **Please note the new times for each session, which have changed since Winter.**

Saturday,

4/22 (Mission Bay Park), 4/29 (North Crown Point Shores, 5/6 (Centennial Park, Coronado), 5/13 (Silver Strand), 6/3 (De Anza Cove, 6/10 (North Crown Point Shores) Cost: \$20.00 (Group I, 9:00-10:30 a.m.; Group II, 10:30 a.m.-12 p.m.)

## KAYAKING

Whether you're an experienced paddler or have never even seen a kayak, our staff will help you develop the skills to paddle like a pro. This program is geared for children and adults, ages 8 & up. Participants must be able to follow directions and be comfortable in the water. We'll meet at Mission Bay Aquatic Center (1001 Santa Clara Place). Cost is \$40.00 for 5 weeks. Partial scholarships are available for those who demonstrate a need.

Wednesday, 4/26, 5/3, 5/17, 6/7, 6/21

4:00-6:30 p.m.

## HAMMER PROGRAM

San Diego Hammer program is looking for energetic athletes to play wheelchair sports (rugby, basketball, soccer, football). No matter what your level, we have a team that is right for you. Each new athlete is assessed to determine the best team to fit your physical, cognitive and social needs. Athletes are assigned to a team based on their abilities and the goals of the team. Scholarships are available for those athletes and families who demonstrate a need. Practices are held at Municipal Gymnasium, located in Balboa Park at 2111 West Pan American Road, San Diego, CA 92101.

Call for practice dates and times. Cost: \$10.00/month

## The Easiest Fundraiser Ever!

Support Therapeutic Recreation Services just by grocery shopping! Every time you swipe your Ralphs or Albertsons Club cards, a percentage of your total purchases goes to Disabled Services Advisory Council, Inc. Food 4 Less shoppers can participate too. We will send you a card to use every time you shop at Food 4 Less. Complete the information below and enter your grocery loyalty card number. We will register them with the stores and a percentage of your total purchases will directly benefit Therapeutic Recreation Services! Sign up yourself, your family members, neighbors, friends and even out of town relatives! More sign up sheets are available at the office and staff will also have them at programs. Be sure to call our office at (619) 525-8247 if you have any questions. Thanks so much for your support!

Name			Ralphs Club #	24
Address			Albertsons #	42
City	State	Zip	Food 4 Less	<input type="checkbox"/> Check here and we will send you a card
Phone # ( )		Email		

Mail or fax completed form to: Disabled Services Advisory Council, Inc.

3325 Zoo Drive MS 33 San Diego, CA 92101 FAX (619) 299-9304



# VOLUNTEER OPPORTUNITIES

Hi! My name is Cheryl Pawlak and I am working as the Volunteer Coordinator for a few months while Rose is on leave. I look forward to talking with all of you and helping to make your volunteer experience a good one. We offer a wide variety of volunteer opportunities to fit your many interests. Please take a moment and look over the volunteer opportunities below and give us a call! Upcoming activities to look forward to include our Spring Break Activities (April 11 and 12), Camp at the Bay (July 10-14), Camp Wet 'n' Wild (July 24-28), Kid Zone Adventure Camp (August 7-11), and Wheelchair Sports Camp (August 15-19).

**April is National Volunteer Recognition Month and we will honor our dedicated volunteers at our upcoming 2006 Volunteer Recognition Celebration, suitably named “Our Volunteers Make a Difference”. The celebratory evening will take place on Wednesday, April 19<sup>th</sup>, 2006 at the War Memorial Building. Invitations have been mailed out so please make sure you and your guest RSVP by Monday April 10<sup>th</sup>. Be sure to call us right away if you did not receive your invitation. On behalf of a grateful staff, as well as our participants, we say THANK YOU , for all you do.**

***Happy Birthday to all volunteers with April, May and June birthdays!***

We need help with the following programs. Remember, to work with youth, you must be fingerprinted. Contact Cheryl Pawlak, at (619) 236-7756 or e-mail at [prdsp@sandiego.gov](mailto:prdsp@sandiego.gov), for information on how to complete the fingerprint process.

## **HANDCYCLE PROGRAM**

Volunteers need skates, bike or blades and helmet  
**Saturdays 9:00-12:00 a.m.**  
4/22, 4/29, 5/6, 5/13, 6/10

## **STRIKE FORCE BOWLING LEAGUE**

Admiral Robinson Rec Center, 32<sup>nd</sup> Street Naval Station  
**Saturdays 3:00-5:00 p.m.**  
4/22, 4/29, 5/6, 5/27, 6/10  
Bowling Banquet - Saturday, 6/24

## **KID ZONE** (Children ages 3-12)

**Sundays 11:00 a.m.-3:30 p.m.**  
5/7, 5/21, 6/11, 6/25  
Spring Break  
Tues., 4/11 & Wed., 4/12 8:30 a.m.-2:30 p.m.

## **KICK BACK CLUB** (Teens-young adults 13-30)

**Friday, 4/21 5:30-9:30 p.m.**  
**Saturday, 4/28 5:00-10:00 p.m.**  
**Friday, 5/5, 5/19 5:30-9:00 p.m.**  
**Thursday, 6/22, 6/29 5:30-9:30 p.m.**

## **ACTION SEEKERS**

**Friday 5:00-9:00 p.m.**  
North Clairemont Recreation Center  
4421 Bannock Ave.  
4/21, 5/19, 6/16

## **ACTION SEEKERS**

**Friday 5:00-9:00 p.m.**  
Carmel Mt. Recreation Center  
10152 Rancho Carmel Dr.  
4/28, 5/12, 6/9

**VOLUNTEER SUMMER TRAINING, MONDAY JUNE 26, 2006, 3-6 p.m. at the War Memorial Building. You must attend this afternoon training if you plan on volunteering for any summer camps. All camps will be held in July and August. See camp schedule (page 10) for dates, and help us have the best summer ever!**

If you know of someone thinking about volunteering, please give Cheryl Pawlak a call at (619) 236-7756 or e-mail [prdsp@sandiego.gov](mailto:prdsp@sandiego.gov) . Thank You!!



THE CITY OF SAN DIEGO

Therapeutic Recreation Services  
War Memorial Building, Balboa Park  
3325 Zoo Drive  
San Diego, CA 92101

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**“We enrich lives through quality parks and programs”**

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGION, CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT THE DISTRICT MANAGER AT (619) 525-8247) OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240

**The information in this calendar is available in alternative formats upon request.**